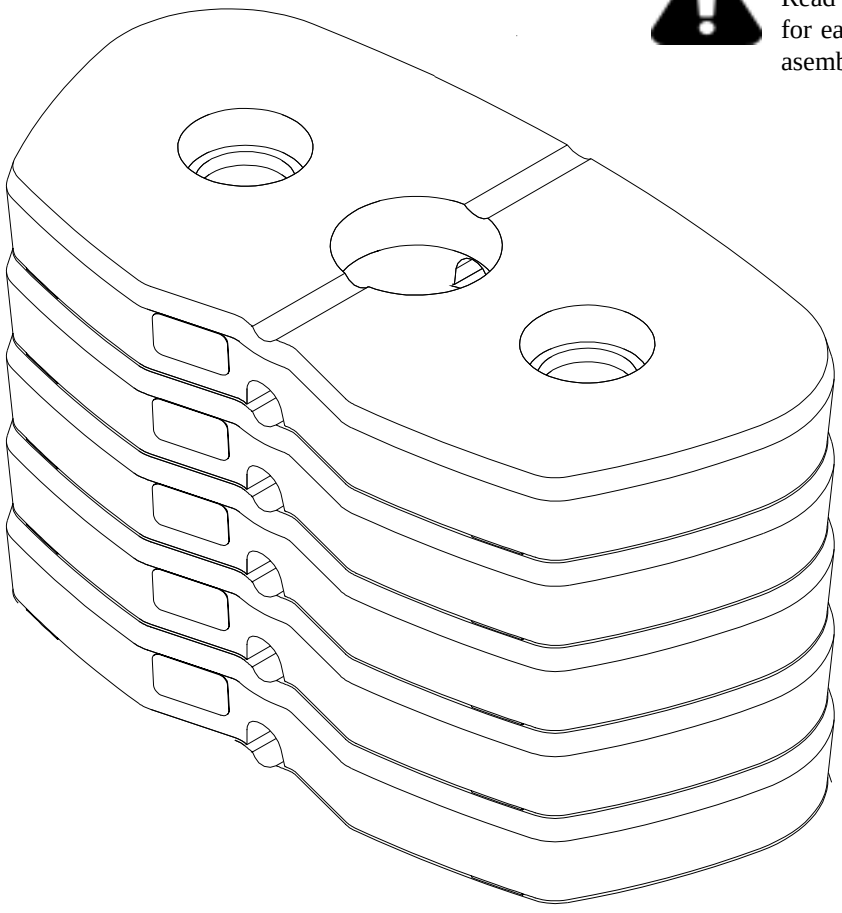
PARABODY®

216 50 LB. ADD-ON KIT

WARNING:

Read and follow all directions for each step to insure proper asembly of this product.



ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY		KEY	PART #	DESCRIPTION	QTY
1	6939201	WEIGHT PLATE	5		3	6978101	WEIGHT STACK LABEL	1
2	7095801	WEIGHT STACK SHAFT	1		4	6382301	WEIGHT PLATE BUSHINGS (10 CT)	1

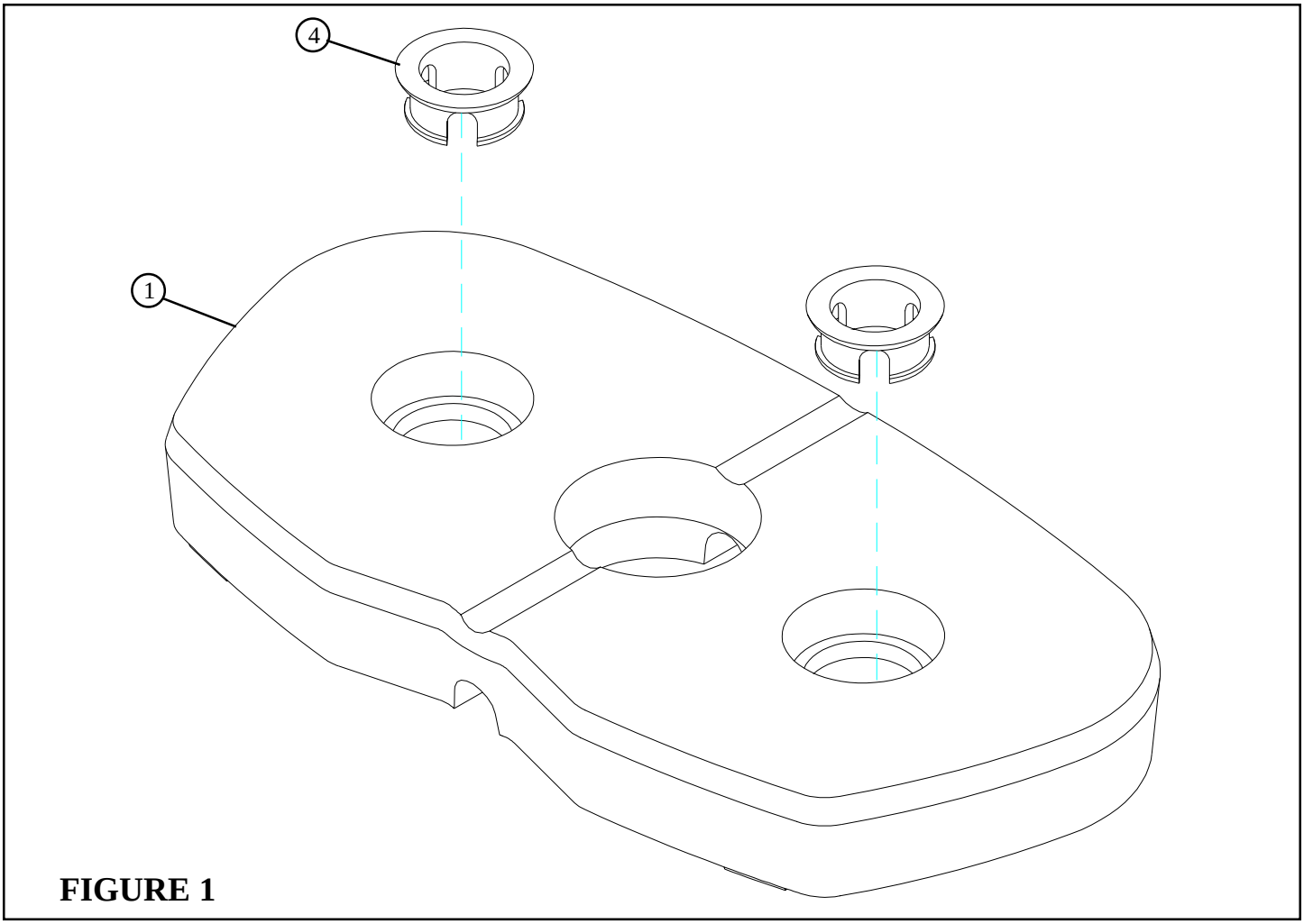


FIGURE 1

STEP 1:

- Insert two WEIGHT PLATE BUSHINGS (4) into each of the five WEIGHT PLATES (1) as shown in FIGURE 1.

STEP 2:

- Unscrew the WEIGHT STACK CABLE from the 15 HOLE WEIGHT STACK SHAFT as shown in FIGURE 2.

- Remove the WEIGHT STACK PIN from the 15 HOLE WEIGHT STACK SHAFT as shown.

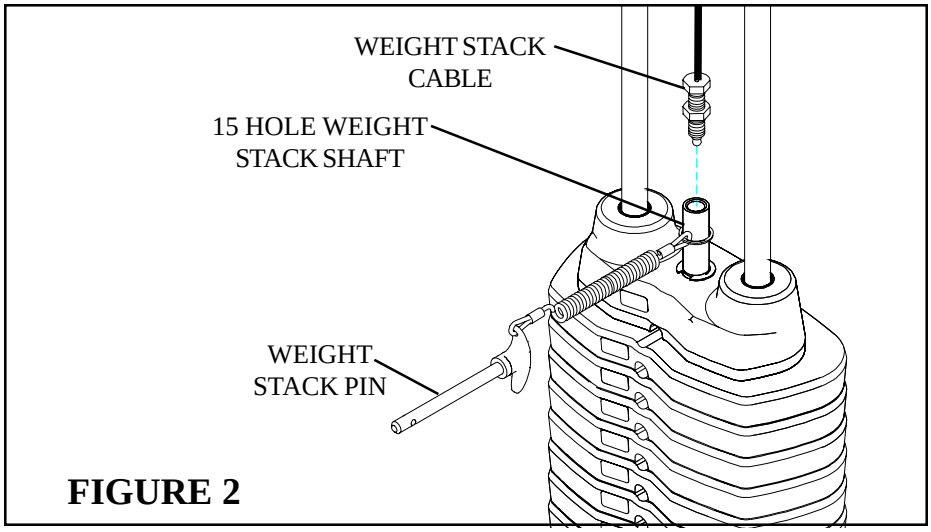


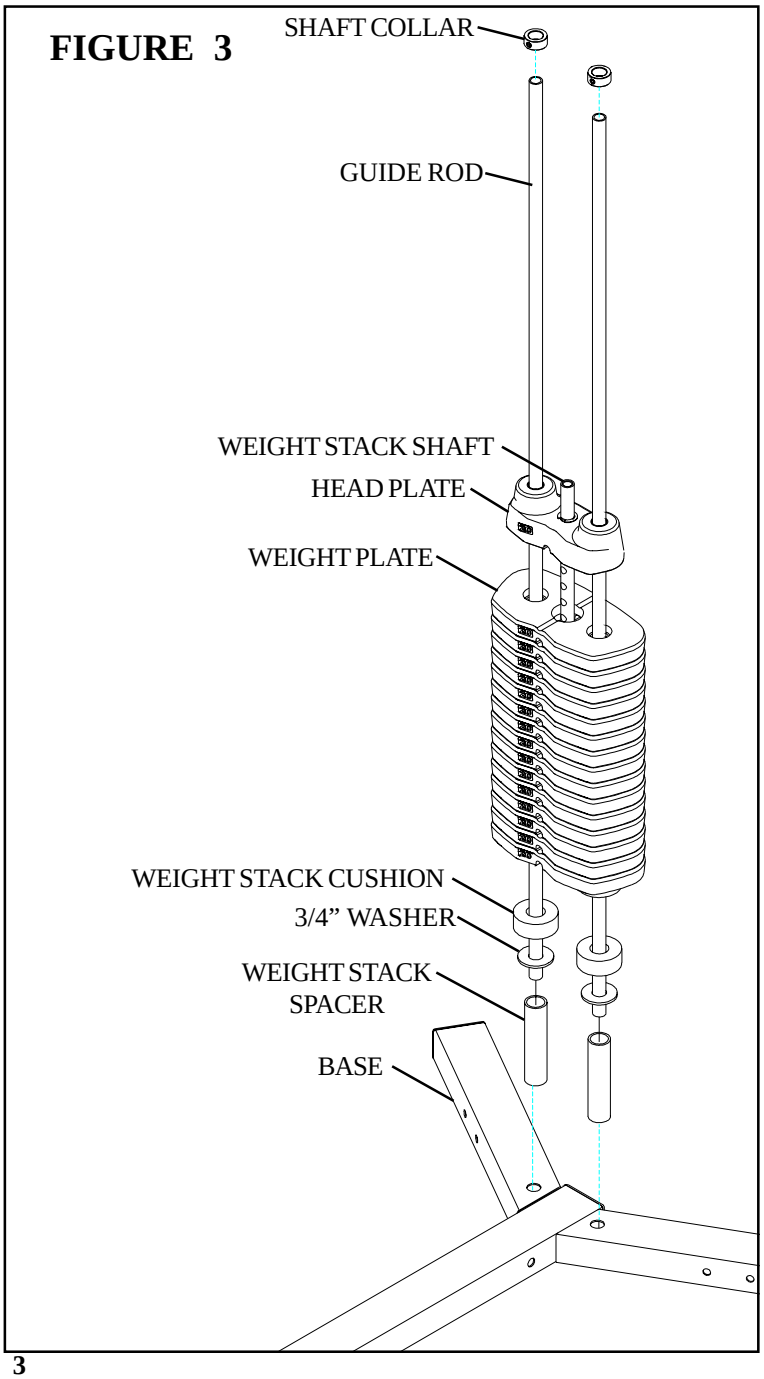
FIGURE 2

STEP 3:

- **CAREFULLY** remove or loosen bolts in the TOP BOOM to allow the GUIDE RODS to be tilted. Refer to the GYM ASSEMBLY INSTRUCTIONS .

- Tilt the GUIDE RODS back and remove the SHAFT COLLARS, HEAD PLATE ASSEMBLY, fifteen WEIGHT PLATES, two WEIGHT STACK CUSHIONS, two 3/4" WASHERS, and two WEIGHT STACK SPACERS as shown in FIGURE 3. **(NOTE: Please discard the two 3/4" WASHERS, and the two WEIGHT STACK SPACERS.)**

FIGURE 3



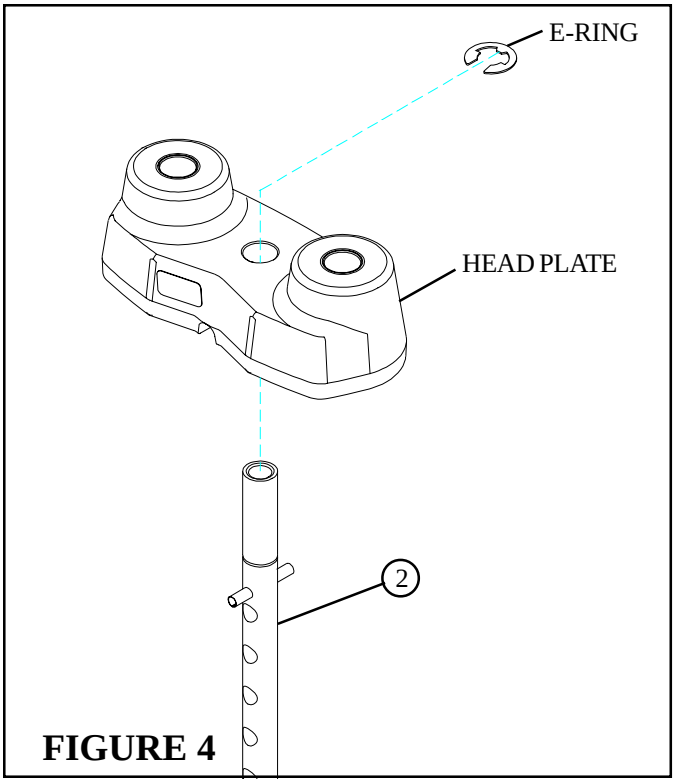


FIGURE 4

STEP 4:

- Remove the E-RING and the old WEIGHT STACK SHAFT from the HEAD PLATE. **(NOTE: Please discard the old WEIGHT STACK SHAFT.)**

- Slide the new 20 HOLE WEIGHT STACK SHAFT (2) thru the hole in the HEAD PLATE and lock in place using the previously removed E-RING as shown in FIGURE 4.

STEP 5:

- Insert the two GUIDE RODS through the two WEIGHT STACK CUSHIONS into the base as shown in FIGURE 5. **Lubricate the GUIDE RODS with a silicon or teflon spray that is available at most hardware stores.**

- **USING EXTREME CARE**, slide the five new WEIGHT PLATES (1) and the previous fifteen WEIGHT PLATES down over the GUIDE RODS onto the WEIGHT STACK CUSHIONS. **(NOTE: Make sure that the key holes of the WEIGHT PLATES all face the same way.)**

- Carefully slide the new HEAD PLATE ASSEMBLY and the SHAFT COLLARS down over the GUIDE RODS onto the weight stack as shown in FIGURE 5.

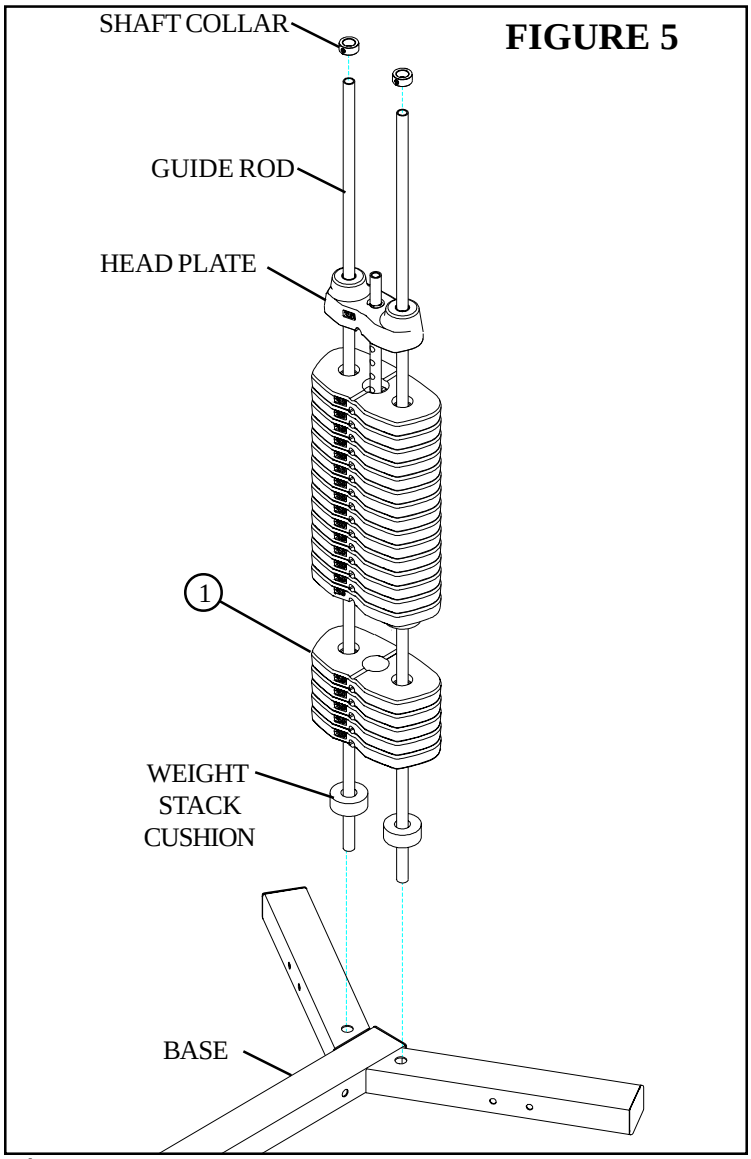


FIGURE 5

STEP 6:

- Assemble the WEIGHT STACK PIN to the 20 HOLE WEIGHT STACK SHAFT as shown.
- Screw the WEIGHT STACK CABLE into the 20 HOLE WEIGHT STACK SHAFT of the HEAD PLATE until the CABLE slightly pulls on the HEAD PLATE.
- **TIGHTEN cable jam nut securely!**
- **CAREFULLY** assemble and **SECURELY tighten** any previosly removed or loosened bolts in the TOP BOOM to allow the GUIDE RODS to be secured. Refer to the GYM ASSEMBLY INSTRUCTIONS .

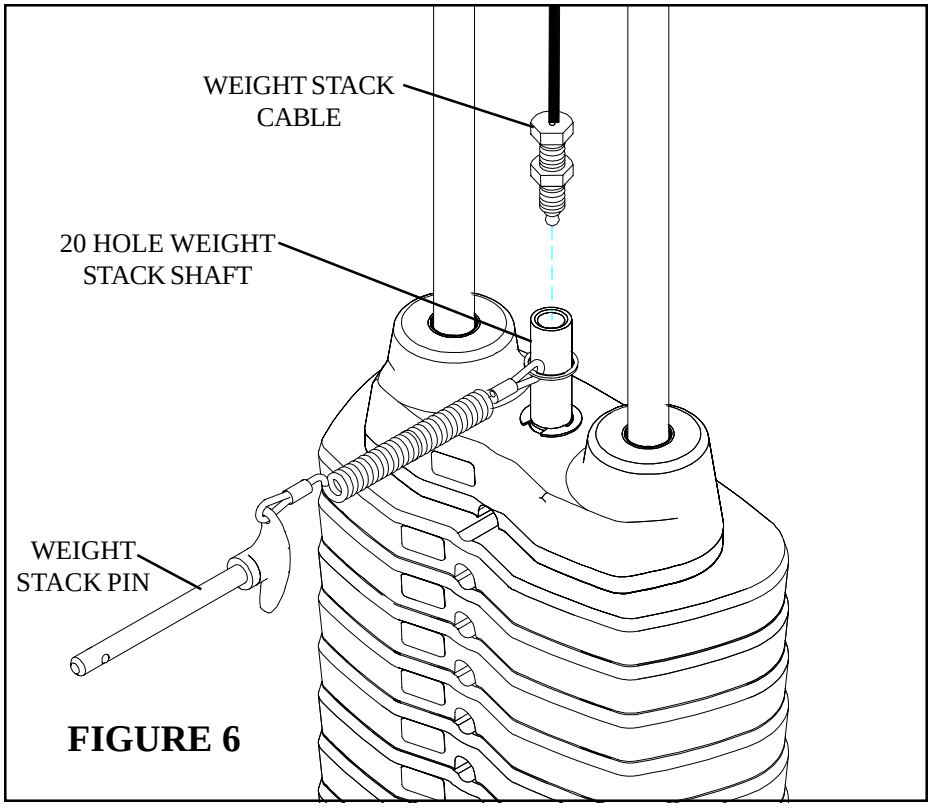


FIGURE 6

Thank you for purchasing the Parabody 216101 50 LB. ADD-ON KIT. If unsure of proper use of equipment, call your local LifeFitness distributor or call the Parabody customer service department at (800) 328-9714.